



February 2016 Group Fitness & Dance Schedule

The class schedule is subject to change and the web calendar may not reflect these changes.
Please see the Front Desk at the James City County Recreation Center
and Abram Frink Jr. Community Center for the latest class offerings.

For a complete description of fitness classes offered throughout the year, see Class Descriptions.

**** These classes are not included with wristbands and require a separate registration fee payable to James City County Treasurer.**

| TIME & DATES | MONDAY (1,8,15,22 & 29) | TUESDAY (2,9,16 & 23) | WEDNESDAY (3,10,17 & 24) | THURSDAY (4,11,18 & 25) | FRIDAY (5,12,19 & 26) | SATURDAY (6,13,20 & 27) |
|--------------|--|--|---|-------------------------------------|---------------------------------------|--------------------------------------|
| 6:30 a.m. | | *NEW* TRX Circuits Kristen | *NEW* Tabata (6:15am) -NO CLASS 2/3- Heather C. | | | |
| | *NEW* Power Cycle 50 min/Blair | | *NEW* Power Cycle 50 min/Blair | | | |
| 7:05 a.m. | | | Low Impact Meg -NO CLASS 2/3- | *NEW* PiYo® Kristen | Low Impact Meg | |
| | | Indoor Rowing (7:15-7:45) 30 min/Gail | | | | |
| 8:05 a.m. | Low Impact Meg | Pilates Fusion Gail | Vinyasa Yoga Evi | Good Morning! Yoga Pat | Core Fit (8:15-8:45) 30 min/Meg | |
| | | *NEW* Kettlebell Basics (9:05) Gail | | | | |
| 9:05 a.m. | Total Body Intervals Heather C. | *NEW* Barre Heather R. | Cardio Interval Carey | Zumba Felix | *NEW* Zumba Robert | Zumba Lindsey |
| | Indoor Cycling 60 min/Carey | Cycling 45 min/Carey | | Cycling 45 min/Blair | Indoor Cycling 60 min/Heather | *NEW* Cycle60 60 min/Julie |
| 10:05 a.m. | | Intermediate Kettlebell Gail | | Intermediate Kettle Bell Gail | | |
| | Stretch & Sculpt Carey | Strength Training Carey | Stretch & Sculpt Carey | Strength Training Felix | Gentle Yoga Evi | 20/20/20 Crystal |
| 11:05 a.m. | SilverSneakers® Classic (11:15) Heather -NO CLASS 2/1- | **A.F.E.P. I Meg (11:15) | | **A.F.E.P. I Gail (11:15) | SilverSneakers® Cardio (11:15) Meg | Yoga for Everybody Evi |
| 11:30 a.m. | *NEW* Lunch Break Cycle (12:00) -START 2/15- 30 min/Heather | | SilverSneakers® Cardio Gail | | | |
| 12:15 p.m. | SilverSneakers® Circuit Meg | Pilates with Props Gail | SilverSneakers® Yoga Gail | SilverSneakers® Circuit Gail | SilverSneakers® Classic Gail | |
| 1 p.m. | Better Balance Heather -NO CLASS 2/1- | | | SilverSneakers® Yoga (1:15) Meg | | |

(additional classes are listed on back side)

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|--------------|---|---|--|-----------------------------------|--|
| 4 p.m. | Yin and Yang Yoga Evi | | Stretch & Relax 45 min/Gail -NO CLASS 2/17- | | |
| 4:30 p.m. | Row/Cycle/ Strength 45 min/Gail | Pilates Ken | Indoor Rowing (4:50-5:20) 30 min/Gail -NO CLASS 2/17- | Pilates Ken | |
| 5 p.m. | | | *NEW* Barre Heather R. | | |
| 5:30 p.m. | Zumba Christi | Functional Strength Training Nick | Intermediate Kettlebell* Gail -NO CLASS 2/17- | Zumba & Toning Tina | |
| | Intermediate Kettlebell/Circuit* Gail (Lobby) | | *NEW* Cycle60 60 min/Blair | | |
| 6 p.m. | | | Zumba Felix | | |
| 6:30 p.m. | Zumba Step Bess | MixedFit® Sarah | | *NEW* Tabata Heather C. | *NEW* Zumba Felecia/ Christi |
| 7 p.m. | | Cycle & Core Tina | | Cycle & Core Tina | |

***Previous Kettlebell experience required.**

Cycling classes - First time cycling please arrive 5 min before class for proper set-up.
Spin/Row class cards will be available at the Front Desk 1 hr before each class,
Maximum of 11 per class for spin, 6 per class for rowing.

Recreation Center Phone # 757-259-4200

For access to land and aquatic fitness classes you'll need to purchase a wristband, 10 Tab or Combo Pass from the Front Desk:

- **\$55; \$50** for JC/W residents - one month unlimited- **with no facility pass**
- **\$30** a month for unlimited classes - 3, 6 or 12 month facility pass holder
- **\$60; \$55** for JC/W residents - 10-tab wristband / no expiration date (10 classes), no facility pass required

Abram Frink Jr. Community Center Classes

| | | | |
|-----------|--|-----------|--|
| 4:30 p.m. | SilverSneakers® Classic MONDAY & WEDNESDAY Sonya | 6:30 p.m. | Zumba (AFCC Wristband Required) TUESDAY & THURSDAY Felecia |
|-----------|--|-----------|--|

****James City County Recreation Center (JCCRC) wristband and Combo pass holders are guaranteed a minimum of 150 classes each month and have the option of taking both land and aquatic fitness sessions. Parks and Recreation makes every effort to minimize class cancellations, and when necessary, makes every effort to secure a substitute instructor. Because we offer more than 150 classes monthly and the price of the wristbands and combo passes cover this entire selection of classes, individual refunds are not issued for specific class cancellations. The monthly group fitness class schedules are posted online and are posted by the dance studio. For the complete description of all land and aquatic class offerings, please visit jamescitycountyva.gov/recreation/programs/fitness.html.**